

ROME 2022
EUROPEAN MASTERS
AQUATICS CHAMPIONSHIPS
24th AUGUST - 4th SEPTEMBER

LEN
european
aquatics


EUROPEAN AQUATICS
CHAMPIONSHIPS
— ROMA 2022 —

ATHLETES GUIDE#1



vers. 1.0

This guide and any updates will be published on the website <https://www.roma2022.eu/en/masters/homepage/>

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GENERAL INFORMATION

COVID-19 REGULATIONS

More information regarding COVID-19 guidelines will be published and sent to all participants as soon as new national and international rules will be updated by public authorities. LEN and the Roma 2022 Organizing Committee will work together in order to develop a safe and healthy COVID-19 guideline.

For more information please check the official website https://infocovid.viaggiare Sicuri.it/index_en.html

KEY DATES

| | | |
|--------------------------------|--|--------------------|
| 9 th March 2022 | Registration openingw | |
| 31 st May 2002 | Registration deadline for water polo teams (3 rd July 2022 water polo players and coaches registration deadline) | |
| 17 th July 2022 | Registration deadline | |
| 22 nd August 2022 | Open Water | Technical Meeting |
| 23 rd August 2022 | Open Water | Competition starts |
| 24 th August 2022 | Artistic Swimming | Technical Meeting |
| 25 th August 2022 | Diving | Technical Meeting |
| | Artistic Swimming | Competition starts |
| | Open Water | Competition ends |
| 26 th August 2022 | Diving | Competition starts |
| 28 th August 2022 | Water Polo | Technical Meeting |
| | Swimming | Competition starts |
| 29 th August 2022 | Water Polo | Competition starts |
| | Artistic Swimming | Competition ends |
| 31 st August 2022 | Diving | Competition ends |
| 4 th September 2022 | Swimming | Competition ends |
| | Water Polo | Competition ends |

CONTACTS

First of all please check the FAQ on the website to see if the answer is already there.

Otherwise on the official website, at the top right of the menu, through the voice “contact us” is it possible to request all the information by selecting the area of interest (accommodation, entries, payment, and system of competition). The applicant will receive an e-mail with the number of the request and the text of the answer.

USEFUL INFORMATION

VISA FOR ITALY

Click on the following link, <https://vistoperitalia.esteri.it/home/en>, and follow the procedure to discover if you need to apply for a visa based on your nationality, country of residence, reasons for your visit, and length of stay.

If you need a visa for coming to Italy, LOC will provide you with all the information and forms that must be submitted for the application. The submission of the documentation required does not automatically guarantee the visa issue. Interested parties can find additional information from the Italian Embassy or Consulate with jurisdiction over their place of permanent residence.

Upon entering Italy and in the Schengen Area, even if you have a visa, Border Authorities are authorized once again to check the documents required for the issue of the visa.

MONEY

The local currency in Italy is the euro. ATMs can be found outside most banks, supermarkets, and transport stations. There may be a charge for withdrawals. Most of shops and restaurants accept both debit and credit cards.

LANGUAGE

The national language of Italy is Italian.

ELECTRICITY



In Italy, the standard voltage is 230 V and the frequency is 50 Hz. You can use your electric appliances in Italy if the standard voltage in your country is between 220 - 240 V.

In Italy, the power plugs and sockets usually are type L, as the following picture.

TELEPHONE

The country code for Italy is: +39.

EMERGENCY ASSISTANCE

If at any point you need assistance from the police, firemen, or ambulance services, please call 112. When making the call, remember that you must:

- know your location;
- tell the operator which service you require;
- be prepared to answer basic questions.

VENUES

COMPETITIONS MAP - ROMA
EUROPEAN AQUATICS CHAMPIONSHIPS
11 - 21 AUGUST 2022
EUROPEAN MASTER CHAMPIONSHIPS
24 AUG - 4 SEPT 2022



VENUES



SWIMMING

Stadio del Nuoto

Piazza Lauro De Bosis 2, Roma

The Stadio del Nuoto has:

- a 50m outdoor pool, 10-lanes, next to a 50m indoor pool, 8-lanes, reserved for training.
- a diving pool, 25m x 20m x 5m deep, which includes springboards 1m, 3 springboards 3m, and platforms 5m, 7,5m, and 10m in height.



ARTISTIC SWIMMING

Stadio Nicola Pietrangeli

Viale delle Olimpiadi, Roma

The Pietrangeli Stadium, tennis court of the Internazionali Tennis Trophy, is located inside the Foro Italico Park near-by the Stadio del Nuoto. In the Pietrangeli Stadium will be installed a 30x20m pool, 3 m deep for artistic swimming competitions.

Starting platform will be installed on one side of the artistic swimming pool.

At the Stadio del Nuoto is available an outdoor 33x25m pool for warming up.



DIVING



SWIMMING

Unipol Blustadium Pietralata

Via Achille de Zigno 7, Roma

The Unipol Blustadium Pietralata has two swimming pools: a 50m outdoor pool, 10-lanes, next to a 25m indoor pool, 8-lanes, reserved for training.



WATERPOLO

Polo Acquatico Frecciarossa

Via delle Quinqueremi 100, Lido di Ostia RM

The Polo Acquatico Frecciarossa has two swimming pools: a 50m outdoor pool, 25m wide, next to a 33m indoor pool, 25m wide, with 3 fields, 2 outside, and 1 inside.

Another venue with 1 field of play will be available based on the number of teams registered.



OPEN WATER

Lungomare Amerigo Vespucci, Lido di Ostia RM

The competition venue is the same used for the Elite European Championships.

VENUE ESSENTIALS

SMOKING POLICY

In Italy smoking in public buildings and on public transportation is forbidden. Any breach of this law may be subject to penalty, moving away from the venue and potential prosecution.

INTERNET ACCESS

Wi-Fi connection is available in all venues.

LOST & FOUND

All reports of lost items at the venue should be directed to the Information Desk. This is also the location where all found items should be delivered.

GENERAL INFORMATION

RULES

The competitions will be organized and held following the information included in documents that are in force at the time of the Championships;

- LEN General Rules;
- LEN European Masters Championships in Swimming, Diving, Artistic Swimming, and Open Water Rules;
- FINA Rules and Regulations.

All events will be run as a direct final.

GENERAL PROGRAMME

| DISCIPLINE | W-UP 23/08 | DAY 1 24 ago | DAY 2 25 ago | DAY 3 26 ago | DAY 4 27 ago | DAY 5 28 ago | DAY 6 29 ago | DAY 7 30 ago | DAY 8 31 ago | DAY 9 1 set | DAY 10 2 set | DAY 11 3 set | DAY 12 4 set |
|-------------------|---------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|----------------|-----------------|-----------------|-----------------|
| DIVING | | W-UP | | RACE | RACE | RACE | RACE | RACE | RACE | | | | |
| OPEN WATER | W-UP | RACE | RACE | RACE | | | | | | | | | |
| ARTISTIC SWIMMING | | W-UP | RACE | RACE | RACE | RACE | RACE | | | | | | |
| SWIMMING | | | | W-UP | | RACE | RACE | RACE | RACE | RACE | RACE | RACE | RACE |
| WATERPOLO | | | | | W-UP | | MATCH | MATCH | MATCH | MATCH | MATCH | MATCH | MATCH |

CALL ROOM MANAGEMENT

An accurate wayfinding and signage in all venues will direct participants to the Call Rooms in all venues. Athletes should enter the Call Room “race ready”. They will be checked and then marshaled in race order. It’s up to the athletes to be present at the call rooms at least 15 minutes before the start of the race with their Accreditation Card.

LIVE INFORMATION SERVICE

The event’s social media pages and website will be used to provide information regarding competitions. Athletes, friends, and family will be able to check all updates on competition progress to ensure that they arrive at the venue on time for their warmup and race.

We will use this service to highlight any essential information to the athlete community.

The Championships website will also provide a link to live start lists and results.

FACILITIES & SERVICES

Information Desk

Two Information Desks will be located near the entrance of all the official venues. The desks will provide a variety of services to all accredited teams, as follow:

- competition and training information;
- publication of start lists, draw lists, and results;
- lost and found;
- other general information.

The **Stadio del Nuoto** desk will be open throughout all training and competition sessions from 23rd August.

The **Unipol Blustadium Pietralata** desk will be open throughout all training and competition sessions from 26th August.

The **Ostia Aquatic Complex** desk will be open throughout all training and competition sessions from 22nd August.

Changing rooms

Athlete changing rooms are located next to both the competition and training pools. These areas include showers, toilets, lockers, and changing boxes.

Medical Services

Medical services will be available thanks to the LOC medical team during all training and competition sessions. There will be doctors, paramedics, and a fully equipped ambulance available always in all venues.

Catering Services

Stands will be placed near all venues and will supply a user-pay service including a variety of drinks and cold snacks.

Victory Ceremonies

Victory Ceremonies shall take place at the end of each event at the competition venue. Announcements will be made within the venue to inform athletes about the exact time of these ceremonies.

Medals shall be awarded to competitors placed from first to third in each event and age group.

Please note that medals and diplomas will only be given to athletes with their Accreditation Card.

COMPETITIONS



SWIMMING

Date: 28th August - 4th September

Venue: **Stadio del Nuoto** - Piazza Lauro De Bosis 2, Roma
Unipol Blustadium Pietralata - Via Achille de Zigno 7, Roma

POOLS

The Stadio del Nuoto and Unipol Blustadium Pietralata 50m outdoor pools will host, on alternate days, the men's and women's competitions starting on 28th August. The Stadio del Nuoto swimming pool will be first used by women and the Unipol Blustadium Pietralata swimming pool by men.

On the mixed relay day, 3rd September, the Stadio del Nuoto swimming pool will be used for both men and women.

COMPETITION PROGRAMME

| DAY | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|--------|------------|------------|--|--|--|--|--|--|
| | 28/08/2022 | 29/08/2022 | 30/08/2022 | 31/08/2022 | 01/09/2022 | 02/09/2022 | 03/09/2022 | 04/09/2022 |
| VENUES | STADIO | PIETRALATA | STADIO | PIETRALATA | STADIO | PIETRALATA | STADIO | PIETRALATA |
| RACE | 800 free W | 800 free M | 200 free M 200 free W 200 im M 200 im W | 100 breast W 100 breast M 50 back W 50 back M 400 im W 400 im M | 400 free M 400 free W 100 fly M 100 fly W | 200 breast W 200 breast M 50 fly W 50 fly M 200 back W 200 back M 4x50 medley W 4x50 medley M | 50 breast M 50 breast W 200 fly M 200 fly W 100 back M 100 back W 50 free M 50 free W | 4x50 free W 4x50 free M 4x50 medley MX 4x50 free MX 100 free M 100 free W |

Competitors must be entered for a maximum of 3 individual events, but not for more than two individual events per each day.
LOC will close the entries in 800 freestyle when 450 women and 450 men will be registered for this event;

QUALIFICATION TIME AND STANDARDS

As per LEN's Regulations, if a swimmer clearly fails to achieve the QT at the current competition he/she may be excluded from all upcoming individual events in the same competition. In case of exclusion, the amount paid will not be refunded.

| MEN | | | | | | | | | | | | | | | | |
|-----------|---------|----------|----------|----------|----------|---------|----------|----------|-----------|------------|------------|---------|---------|---------|-----------|-----------|
| Age Group | 50 Free | 100 Free | 200 Free | 400 Free | 800 Free | 50 Back | 100 Back | 200 Back | 50 Breast | 100 Breast | 200 Breast | 50 Fly | 100 Fly | 200 Fly | 200 I. M. | 400 I. M. |
| 25-29 | 00:27,8 | 01:06,8 | 02:20,0 | 05:10,0 | 10:45,0 | 00:33,5 | 01:13,7 | 02:40,0 | 00:35,0 | 01:20,0 | 02:55,0 | 00:31,0 | 01:13,7 | 02:40,0 | 02:45,0 | 06:10,0 |
| 30-34 | 00:28,3 | 01:07,5 | 02:22,5 | 05:15,0 | 11:00,0 | 00:34,0 | 01:15,0 | 02:42,5 | 00:36,0 | 01:22,5 | 03:00,0 | 00:32,5 | 01:15,0 | 02:45,0 | 02:50,0 | 06:16,0 |
| 35-39 | 00:29,5 | 01:10,0 | 02:25,0 | 05:22,5 | 11:30,0 | 00:35,5 | 01:17,5 | 02:45,0 | 00:37,5 | 01:25,0 | 03:05,0 | 00:33,7 | 01:17,5 | 02:52,5 | 03:00,0 | 06:21,0 |
| 40-44 | 00:30,7 | 01:12,5 | 02:30,0 | 05:30,0 | 12:00,0 | 00:37,0 | 01:20,0 | 02:52,5 | 00:38,8 | 01:27,5 | 03:10,0 | 00:35,0 | 01:20,0 | 03:00,0 | 03:10,0 | 06:33,0 |
| 45-49 | 00:32,5 | 01:17,5 | 02:37,5 | 05:45,0 | 12:30,0 | 00:38,5 | 01:25,0 | 03:00,0 | 00:40,0 | 01:30,0 | 03:20,0 | 00:37,5 | 01:22,5 | 03:10,0 | 03:20,0 | 06:50,0 |
| 50-54 | 00:33,7 | 01:20,0 | 02:45,0 | 06:00,0 | 13:00,0 | 00:40,0 | 01:30,0 | 03:10,0 | 00:42,5 | 01:35,0 | 03:30,0 | 00:40,0 | 01:25,0 | 03:20,0 | 03:30,0 | 07:15,0 |
| 55-59 | 00:35,0 | 01:25,0 | 02:52,5 | 06:15,0 | 13:30,0 | 00:42,5 | 01:35,0 | 03:20,0 | 00:45,0 | 01:40,0 | 03:45,0 | 00:42,5 | 01:30,0 | 03:35,0 | 03:50,0 | 07:43,0 |
| 60-64 | 00:37,5 | 01:30,0 | 03:00,0 | 06:30,0 | 14:30,0 | 00:45,0 | 01:40,0 | 03:30,0 | 00:50,0 | 01:50,0 | 04:00,0 | 00:45,0 | 01:40,0 | 03:50,0 | 04:05,0 | 08:23,0 |
| 65-69 | 00:40,0 | 01:35,0 | 03:15,0 | 07:00,0 | 15:30,0 | 00:50,0 | 01:50,0 | 03:45,0 | 00:55,0 | 02:00,0 | 04:15,0 | 00:50,0 | 01:50,0 | 04:00,0 | 04:20,0 | 09:18,0 |
| 70-74 | 00:42,5 | 01:40,0 | 03:30,0 | 07:45,0 | 16:00,0 | 00:55,0 | 02:00,0 | 04:00,0 | 01:00,0 | 02:10,0 | 04:30,0 | 00:55,0 | 02:05,0 | 04:30,0 | 04:35,0 | 10:14,0 |
| 75-79 | 00:45,0 | 01:45,0 | 03:45,0 | 08:15,0 | 17:00,0 | 01:00,0 | 02:15,0 | 04:15,0 | 01:05,0 | 02:20,0 | 05:00,0 | 01:02,5 | 02:20,0 | 05:00,0 | 04:55,0 | 12:28,0 |
| 80-84 | 00:50,0 | 01:50,0 | 04:00,0 | 09:00,0 | 18:00,0 | 01:05,0 | 02:22,5 | 04:45,0 | 01:10,0 | 02:30,0 | 05:30,0 | 01:10,0 | 02:35,0 | 05:30,0 | 05:20,0 | 13:30,0 |
| 85-89 | 00:55,0 | 01:57,5 | 04:30,0 | 09:45,0 | 20:00,0 | 01:10,0 | 02:30,0 | 05:15,0 | 01:17,5 | 02:45,0 | 06:00,0 | 01:17,5 | 02:45,0 | 06:00,0 | 05:45,0 | 14:25,0 |
| 90-94 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| 95-99 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| 100+ | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |

WOMEN

| Age Group | 50 Free | 100 Free | 200 Free | 400 Free | 800 Free | 50 Back | 100 Back | 200 Back | 50 Breast | 100 Breast | 200 Breast | 50 Fly | 100 Fly | 200 Fly | 200 I. M. | 400 I. M. |
|-----------|---------|----------|----------|----------|----------|---------|----------|----------|-----------|------------|------------|---------|---------|---------|-----------|-----------|
| 25-29 | 00:31,8 | 01:17,5 | 02:40,0 | 06:25,0 | 13:15,0 | 00:37,5 | 01:22,5 | 02:55,0 | 00:42,5 | 01:35,0 | 03:20,0 | 00:35,5 | 01:20,0 | 03:10,0 | 03:17,5 | 06:38,0 |
| 30-34 | 00:32,5 | 01:20,0 | 02:47,5 | 06:35,0 | 13:30,0 | 00:38,8 | 01:25,0 | 03:00,0 | 00:43,7 | 01:37,5 | 03:22,5 | 00:36,8 | 01:22,5 | 03:15,0 | 03:25,0 | 06:48,0 |
| 35-39 | 00:33,7 | 01:22,5 | 02:52,5 | 06:45,0 | 14:00,0 | 00:40,0 | 01:30,0 | 03:10,0 | 00:45,0 | 01:40,0 | 03:30,0 | 00:38,0 | 01:25,0 | 03:22,5 | 03:30,0 | 07:08,0 |
| 40-44 | 00:35,0 | 01:25,0 | 03:00,0 | 07:00,0 | 14:30,0 | 00:42,5 | 01:35,0 | 03:20,0 | 00:47,5 | 01:45,0 | 03:40,0 | 00:40,0 | | 03:30,0 | 03:40,0 | 07:25,0 |
| 45-49 | 00:37,5 | 01:27,5 | 03:07,5 | 07:15,0 | 15:00,0 | 00:45,0 | 01:40,0 | 03:30,0 | 00:50,0 | 01:50,0 | 03:50,0 | 00:42,5 | 01:35,0 | 03:40,0 | 03:50,0 | 07:55,0 |
| 50-54 | 00:40,0 | 01:32,5 | 03:20,0 | 07:30,0 | 15:30,0 | 00:50,0 | 01:50,0 | 03:45,0 | 00:52,5 | 01:50,0 | 04:00,0 | 00:45,0 | 01:45,0 | 03:50,0 | 04:00,0 | 08:45,0 |
| 55-59 | 00:42,5 | 01:37,5 | 03:35,0 | 07:45,0 | 16:00,0 | 00:55,0 | 02:00,0 | 04:10,0 | 00:55,0 | 02:00,0 | 04:15,0 | 00:50,0 | 01:50,0 | 04:00,0 | 04:15,0 | 09:23,0 |
| 60-64 | 00:45,0 | 01:47,5 | 03:45,0 | 08:00,0 | 17:00,0 | 01:00,0 | 02:10,0 | 04:30,0 | 00:57,5 | 02:10,0 | 04:30,0 | 00:55,0 | 02:00,0 | 04:15,0 | 04:30,0 | 09:43,0 |
| 65-69 | 00:50,0 | 01:52,5 | 04:00,0 | 08:30,0 | 17:30,0 | 01:05,0 | 02:20,0 | 04:55,0 | 01:00,0 | 02:20,0 | 04:55,0 | 01:00,0 | 02:10,0 | 04:43,0 | 04:45,0 | 10:55,0 |
| 70-74 | 00:55,0 | 02:00,0 | 04:15,0 | 09:00,0 | 18:45,0 | 01:12,5 | 02:30,0 | 05:15,0 | 01:05,0 | 02:30,0 | 05:15,0 | 01:05,0 | 02:17,5 | 04:45,0 | 05:00,0 | 12:50,0 |
| 75-79 | 01:00,0 | 02:10,0 | 04:30,0 | 09:30,0 | 20:00,0 | 01:20,0 | 02:45,0 | 05:45,0 | 01:10,0 | 02:40,0 | 05:45,0 | 01:10,0 | 02:30,0 | 05:15,0 | 05:30,0 | 15:15,0 |
| 80-84 | 01:05,0 | 02:20,0 | 05:00,0 | 10:15,0 | 21:15,0 | 01:27,5 | 03:00,0 | 06:15,0 | 01:20,0 | 02:55,0 | 06:15,0 | 01:17,5 | 02:45,0 | 05:45,0 | 06:00,0 | 16:40,0 |
| 85-89 | 01:10,0 | 02:30,0 | 05:30,0 | 11:30,0 | 23:00,0 | 01:30,0 | 03:15,0 | 06:45,0 | 01:30,0 | 03:15,0 | 06:45,0 | 01:25,0 | 03:00,0 | 06:15,0 | 06:30,0 | 17:45,0 |
| 90-94 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| 95-99 | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| 100+ | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |

PRE-SEEDING

The 800m freestyle will be pre-seeded using the times entered, slowest to fastest.

All other events will be pre-seeded using the times entered with the oldest age groups first and with the slowest heats swim first in each age group.

WARM UP MANAGEMENT

Dedicated warm-up periods will be put into the competition schedule before the start of the first event of each day.

Other warm-up periods may be scheduled during the day depending on the number of entries of the relative day.

Only athletes competing in the upcoming heats will be allowed to have their warm-up session in the slots provided.

RELAY DECLARATION

A competitor may only compete in one age group in the same relay event.

All teams entered in the relay events are required to confirm their intention to participate and submit the names of the competitors and the order of swimming and entry time via the entry system which will be active on the website from Monday 28th August.

They must do this via the login details they used to enter the relays.

This must be done no later than 12am on the day before the event takes place.

A detailed guide will be available online explaining how to use the system and this will enable to re-confirm without having to be present in the venue before the deadline.

There will be a facility in the Information Desk to enable team leaders to log in and re-confirm.

TRAINING INFORMATION

26th August 12:00 - 19:00

27th August 9:00 - 19:00

The Stadio del Nuoto will be available with only the 50m outdoor pool.

The Unipol Blustadium Pietralata will be available with only the 50m outdoor pool.

During competition days 50m indoor pools will be available, 8-lanes next to the Stadio del Nuoto outdoor pool, and 25m indoor pool, 8-lanes next to the Unipol Blustadium Pietralata outdoor pool.

Accreditation Card allows participants to access the training pools. Entry will be staggered for safety reasons.

TECHNICAL MEETING

Technical Meeting for officials will take place on 27th August at the Stadio del Nuoto.

The Technical Meeting time will be published on the official website <https://www.roma2022.eu/en/masters/nuoto/>.

TRANSPORTATION

A daily shuttle will connect the two venues from 26th August to 4th September. Time schedule will be provided.



WATERPOLO

Date: 29th August - 4th September

Venue: Polo Acquatico Frecciarossa - Via delle Quinqueremi 100, Lido di Ostia RM

COMPETITION PROGRAM

The competition format will be done after the team's registration deadline under the supervision of the LEN's Technical Commission.

The draws will be carried out under the supervision of the LEN's Technical Commission.

The outcome of the format and draws will be published on the official website <https://www.roma2022.eu/en/masters/pallanuoto/>.

TRAINING INFORMATION

27th August 12:00 - 20:00

28th August 9:00 - 20:00

Training sessions will be divided into 45-minute slots. Each team will be able to book in advance only one slot per day.

Any other availability of existing slots or new ones will be communicated during the Technical Meeting.

Please send mail to wp.masters@roma2022.eu for reservation.

Accreditation Card will allow participants to access the training pools. Entry may be staggered for safety reasons.

TECHNICAL MEETING

Technical Meeting for officials and team leaders will take place on 28th August at the Polo Acquatico Frecciarossa.

The Technical Meeting time will be published on the official website <https://www.roma2022.eu/en/masters/pallanuoto/>.

Only one member per team (leaders or coaches) should be present and Accreditation Card must be brought.



DIVING

Date: 26th August - 31th August

Venue: Stadio del Nuoto - Piazza Lauro De Bosis 2, Roma

COMPETITION PROGRAM

| DAY | 1 | 2 | 3 | 4 | 5 | 6 |
|------|-------------------------------|-------------------------------|------------------------------|----------------------|-------------------------|--------------------------------|
| | 26/08/2022 | 27/08/2022 | 28/08/2022 | 29/08/2022 | 30/08/2022 | 31/08/2022 |
| RACE | Springboard 3m Men (60-80+) | Springboard 3m Men (35-39) | Springboard 3m Women (30-39) | Team Diving (150+) | Platform Men (60-80+) | Platform Women (30-39) |
| | Springboard 1m Women (60-80+) | Springboard 1m Men (60-80+) | Springboard 1m Men (35-39) | Team diving (75-149) | Platform Women (60-80+) | Platform Men (25-39) |
| | Springboard 3m Men (55-59) | Springboard 3m Men (25-34) | Springboard 3m Women (25-29) | | Platform Men (50-59) | Platform Women (25-29) |
| | Springboard 1m Women (50-59) | Springboard 1m Men (50-59) | Springboard 1m Men (25-34) | | Platform Women (50-59) | Synchro Platform Women (100+) |
| | Springboard 3m Men (50-55) | Springboard 3m Women (60-80+) | Synchro 3m Women (100+) | | Platform Men (45-49) | Synchro Platform Women (50-99) |
| | Springboard 1m Women (40-49) | Springboard 1m Men (45-49) | Synchro 3m Women (50-99) | | Platform Women (40-49) | Synchro Platform Men (100+) |
| | Springboard 3m Men (45-49) | Springboard 3m Women (50-59) | Synchro 3m Men (100+) | | Platform Men (40-44) | Synchro Platform Men (50-99) |
| | Springboard 1m Women (35-39) | Springboard 1m Men (40-44) | Synchro 3m Men (50-99) | | | Synchro Platform Mix (100+) |
| | Springboard 3m Men (40-44) | Springboard 3m Women (40-49) | Synchro 3m Mix (100+) | | | Synchro Platform (50-99) |
| | Springboard 1m Women (25-34) | | Synchro 3m Women (50-99) | | | |

Following LEN Rules and Regulations, each diver or diver's representative must submit a complete list of dives within the day before the competition, within 6 pm. The list of dives must be submitted via a terminal located next to the Information Desk at the Stadio del Nuoto.

TRAINING INFORMATION

24th August and 25th August.

The training sessions will be published after the registration deadline and will be posted on the website

<https://www.roma2022.eu/en/masters/tuffi/>.

Accreditation Card will allow participants to access the training pools. Entry may be staggered for safety reasons.

TECHNICAL MEETING

Technical Meeting for officials and team leaders will take place on 25th August at the Stadio del Nuoto.

The Technical Meeting time will be published on the official website <https://www.roma2022.eu/en/masters/tuffi/>.

DRAW

The draw for all diving events will take place during the Technical Meeting.



ARTISTIC SWIMMING

Date: 25th August - 29th August

Venue: Stadio Nicola Pietrangeli - Foro Italico Park nearby Stadio del Nuoto

COMPETITION PROGRAM

| DAY | 1 | 2 | 3 | 4 | 5 |
|------|----------------|----------------------|-----------------|------------|------------------|
| | 25/08/2022 | 26/08/2022 | 27/08/2022 | 28/08/2022 | 29/08/2022 |
| RACE | Solo Technical | Duet Technical | Duet Free | Solo Free | Free Combination |
| | Team Technical | Mixed Duet Technical | Mixed duet Free | Team Free | |

TRAINING INFORMATION

24th August.

The training schedule will be defined after the registration deadline and will be published on the official website

<https://www.roma2022.eu/en/masters/nuoto-artistico/>.

During competition days 33m outdoor pool, 25 wide, next to the Stadio del Nuoto outdoor pool, must be used.

Accreditation Card will allow participants to access the training pools. Entry may be staggered for safety reasons.

The results of the draw will be published on the website <https://www.roma2022.eu/en/masters/nuoto-artistico/>.

TECHNICAL MEETING

Technical Meeting for officials and team leaders will take place on 24th August at the Stadio del Nuoto. The Technical Meeting time will be published on the official website <https://www.roma2022.eu/en/masters/nuoto-artistico/>.

DRAW

The age group order and order of appearance for Technical Routines and Free Routines shall be decided by drawing for each event in each age group. The age group to start is pulled and the age groups are drawn by lot. The draw takes place during the Technical Meeting or the days before and shall be conducted in public under the direction of the Technical Delegates. More information will be published on the official website.

The results of the draw will be published on the website <https://www.roma2022.eu/en/masters/nuoto-artistico/>.



OPEN WATER

Date: 24th August - 26th August

Venue: Lungomare Amerigo Vespucci, Lido di Ostia RM

COMPETITION PROGRAM

The race will take place over a distance of 3 km. For Open water races, LOC will close entries when 1200 men and women will be registered for this event.

The division of the competitors by category and by competition days will be established after the registration deadline and will be published on the official website <https://www.roma2022.eu/en/masters/nuoto-in-acque-libere/>.

Competitors will be seeded in waves according to age groups to assure similar wind and water conditions.

In each wave, the referee may disqualify any competitors who have not finished the race within sixty (60) minutes after the arrival of the winner in the same wave and age group.

All competitors must wear a brightly colored cap. No wetsuit is allowed.

TRAINING INFORMATION

23rd August.

The training schedule will be published on the official website <https://www.roma2022.eu/en/masters/nuoto-in-acque-libere/>.

Accreditation Card will allow participants to access the training pools. Entry may be staggered for safety reasons.

TECHNICAL MEETING

Technical Meeting will take place on 22nd August at the Polo Acquatico Frecciarossa (Via delle Quinqueremi, 100 - 00122 Lido di Ostia RM).

The Technical Meeting will be published on the official website <https://www.roma2022.eu/en/masters/nuoto-in-acque-libere/>.

SAFETY

Full medical service and appropriate safety assistance will be provided during and at the end of the competition.

Only well-prepared and medically fit swimmers may enter this event. Each competitor is responsible for his/her medical examination. The Organizing Committee is not responsible for accidents related to inadequate preparation or health matters.

REGISTRATION

KEY DATES

| | |
|---|----------------------------------|
| Registration opening | 9th March 2022 |
| Registration deadline preliminary entries (water polo teams) | 31st May 2002 |
| Registration deadline swimming, diving, artistic swim-ming, open water, water polo players and trainers | 17th July 2022 |

REGISTRATION FEES

| | |
|---|---|
| Admin fee for all participants (athletes, team leaders, technical) Additional fees apply according to the chosen event | € 50 |
| SWIMMING Competitors may be entered for a maximum of 3 individual events . | € 50 for each event € 200 each relay |
| WATERPOLO | € 850 teams with a referee € 1.000 teams without a referee |
| OPEN WATER | € 50 |
| DIVING | € 50 each individual event € 70 synchro |
| ARTISTIC SWIMMING | € 50 solo € 150 duet, team, combo |

Only online registration will be accepted: <https://masterentries.roma2022.eu>.

A detailed guide will be available online and will be explained how to use the system and how to pay registration fees.

To register any competitor must be a member of an European Club.

Any competitor having represented a non-European Club shall not represent a European club unless he has been under the jurisdiction of one or several European clubs for at least twelve (12) months. (LEN regulation MA-G 2.3).

All the National Federations should then confirm all the entries. There shall be no refund for all not confirmed entries.

By submitting the entry, each competitor must subscribe the Release of Liability.

A personal photo (passport size) must be uploaded to every registration form.

PAYMENT METHODS

You will be directed to the PayPal website where you will be asked to choose your payment method and make the payment. You will be able to pay fees either through your PayPal account if you have one or through Credit Card. Please, before going through the payment process, ensure you have entered all events you want to compete in order to pay the right amount. Remember that once the payment will be done, your registrations cannot be changed. Until the payment is not completed, you will not be officially registered for the Master Championships. You will receive a confirmation via email from the entry system. Check your spam folder in case your email system places it there. If you have problems with this payment method, you can open your ticket on the official website by selecting the Payment area through the voice “contact us”.

ITALIAN ATHLETE REGISTRATION

To enter personal information (step 1 - entry process), registered athletes with the Italian Swimming Federation will indicate only their athlete code as shown by their F.I.N. card. The system will upload all information from the Italian Swimming Federation system, including the club's name and personal photo.

WATERPOLO REGISTRATION

Water polo registration is divided into 2 steps:

- Preliminary entries - 9th March - 31st May: team registration with the Club manager and one referee in tow (this will allow to promptly define the format of the competition);
- Named entries - 9th March - 17th July: players registration of each team (maximum 20) and trainers (maximum 2) including Release of Liability signed.

The maximum number of teams accepted will be 72 for men and 12 for women.

Each Club may enter one (1) men's team per age group and per club and one (1) women's team per club.

Women can be registered, and so play, in men's teams.

Clubs must be affiliated to the Federation approving the entry.

A player may compete in only one (1) team. Players shall be eligible for a club either affiliated to a Member Federation or affiliated to a Federation registered by LEN.

Each competing team may register a maximum of 2 (two) players without European nationality but with residence in Europe. Any Competitor having registered a non-European club shall not be eligible to represent a European club unless he has been under the jurisdiction of the European club for at least twelve (12) months.

Each team shall consist of seven players, one to be the goalkeeper and not more than eight reserves maybe used as substitutes, listed on the game roster.

Please note that a water polo team to be admitted to the Championship must consist of at least 9 players. In case of non-admission of the team to the Championship all the entry fees paid will not be refunded.

About the accommodation, all the information will be available on the Accommodation Bulletin.

ACCREDITATION

Two Accreditation Centers are located into the Stadio del Nuoto and into the Polo Acquatico Frecciarossa:

- Stadio del Nuoto is dedicated to swimming, diving, artistic swimming; it will be open from 23rd August;
- Polo Acquatico Frecciarossa is dedicated to open water and water polo; it will be open from 22nd August.

The opening and closing times will be communicated on a later stage and published on the website

<https://www.roma2022.eu/en/masters/homepage/>.

When collecting your Accreditation, you will need to bring your passport or ID card (for registered athletes with the Italian Swimming Federation F.I.N. card). Personal data of the accreditation card have to be the same as the official document.

Otherwise, it will be impossible to deliver the accreditation card.

Every individual must come in person and is not permitted to collect the pass of another.

Athletes not registered with the Italian Swimming Federation if:

- Italian citizens and members of a not Italian club

or

- not Italian citizens but residents in Italy

when collecting Accreditation they will need to bring a medical examination for competitive activities as required by Italian legislation.

Your Accreditation identifies you and demonstrates you are eligible to take part in the Championships, you should treat it as any secure document and ensure you do not lose it or give it to another person. If it is lost you may be asked to get a police report, and LEN may charge for a replacement.

Your Accreditation serves to control access through the venue perimeter and to gain access to the ground floor. You should always wear it when you are walking around inside the venue.

Your Accreditation will have on it several session codes, that represent the sessions you are taking part in, this is to assist in controlling the numbers inside the venue. When your event has ended we kindly ask that you vacate the venue to allow the next session's competitors to take part in their event. We kindly ask that you do not attempt to enter the venue more than 2 hours before your event is due to commence.

If you are taking part in a relay race you will need to state your team name and event when you enter the venue, please do not attempt to enter the venue for a relay race if you are not competing.

Please be warned that there may be queues for the collection of Athlete Accreditation. We have taken several desks to mitigate this. We advise you to try and come towards the start or end of the day.